

Yale University

EliScholar – A Digital Platform for Scholarly Publishing at Yale

Yale Medicine Thesis Digital Library

School of Medicine

1-1-1861

Dissertation on management of puerperal women and the child

Samuel McClellan

Yale University.

Follow this and additional works at: <https://elischolar.library.yale.edu/ymtdl>



Part of the [Medicine and Health Sciences Commons](#)

Recommended Citation

McClellan, Samuel, "Dissertation on management of puerperal women and the child" (1861). *Yale Medicine Thesis Digital Library*. 3825.

<https://elischolar.library.yale.edu/ymtdl/3825>

This Open Access Thesis is brought to you for free and open access by the School of Medicine at EliScholar – A Digital Platform for Scholarly Publishing at Yale. It has been accepted for inclusion in Yale Medicine Thesis Digital Library by an authorized administrator of EliScholar – A Digital Platform for Scholarly Publishing at Yale. For more information, please contact elischolar@yale.edu.



Digitized by the Internet Archive
in 2017 with funding from
Arcadia Fund

Harvey Cushing / John Hay Whitney
Medical Library

HISTORICAL LIBRARY



Yale University

B61



Archives

T113

Y11

1861

Management of Puerperal women
and the Child

Samuel W^d Chellam.

January 1861

Since woman is most concerned in
the reproduction of the species, how
necessary that she should by early, judic-
ious, physical training, be well fitted
to perform the important office assigne-
-ed to her. (Mind and body, should
receive, each, their proper share of attention.

Her thoughts should be so cul-
-tivated, as to lead her to take just views
of life and its duties, and her studies,
should be such as to exclude all sickly
sentimentalities, while at the same time
the body is invigorated by wholesome
food, pure air and exercise.

Pregnancy, tho' a normal
condition, is, in most females of the present

day, a period of suffering from nausea
vomiting, and general disturbance of
the functions of all the organs, from
the want of a proper training in early
life, which might have brought the sys-
tem to work with more perfect regularity
and order.

The distress attending pregnancy
may be much relieved by proper regimen.

Dyspnea, should not prevent the
woman from taking exercise in the open air.
But over exertion and fatigue must be guard-
ed against. A moderate exercise
will do her good at this time.

regard must be had to keep the
skin in a condition to perform its duty.

The food should be nourishing
and such as the stomach can readily
digest. An immoderate quantity
should not be taken, under the impression
that she has two to feed.

Dress should be regulated

of the season, and should not be sought
as to cause pressure. Excepting in
rare cases the use of stimuli should be
avoided. The mind should not be
overtasked by care and anxiety.

When the uterus is as-
cended into the cavity of the abdomen,
it presses on the bowels, separating
them from the abdominal muscles,
and prevents their receiving stimulus
from the succussion of these muscles.

This produces constipation with
other evils. Sometimes a large quantity
of feculent matter accumulates in the
intestines. This may be prevented by ab-
staining from the use of such articles
of food as tend to produce costiveness,
and the use of other laxatives.

When the vomiting is discon-
tinued it may generally be relieved by ap-
propriate treatment.

It is an error, not frequently made, to suppose, that after labor, the woman is in a state of exhaustion, requiring stimuli. Excepting when the labor has been unusually severe and protracted and the losses great and stimuli are strongly indicated, they should be withheld. She should be kept quiet and sufficient time allowed for her to recover from fatigue. If the after pains are severe, preventing rest, they should be allayed by the ordinary means.

After a few hours of rest, when reaction has fairly taken place, the child may be put to the breast, that it may begin to exercise the faculty of sucking, with which it is born; also to hasten the secretion of milk and accustom the nipple to the action of the child's mouth. Trouble sometimes arises from delaying this matter.

The mother must not be allowed to make any exertion, and all excitement

should be avoided. If there is inability to pass urine, the catheter should be introduced, as soon as there is the slightest uneasiness from this cause, and this should be done twice a day, or as often as necessary. If the bowels do not move after a proper interval, some mild laxative should be administered.

The lochia proceed from the extremities of the uterine vessels exposed by the separation of the placenta; it will therefore be in proportion to the number and size of these vessels, and to the tonic contractions of the uterus. Of course the quantity and duration of the discharge will not be the same in all cases.

Excepting when it is a symptom of other complaints, the scantiness or cessation of the discharge, need cause no uneasiness. When the lochia are too free, it is the result of a want of tonic contractions, or a febrile condition, produced

often by the improper administration of stimuli. In the first case, measures must be taken to promote contraction.

In the second case the cause of the symptoms must be removed; then mild antiphlogistic measures, with astringents, will generally succeed.

Sometimes the lochia become, very offensive, watery, and of a green color, and acid, excoriating the parts.

The patient is almost always debilitated by this discharge, and tonics are indicated, and generous diet, may be allowed. Much relief may be given, by anointing the parts with some bland ointment.

The lochia generally abates about the fifth day; sometimes sooner. If it continues beyond the tenth day in any force it will be proper to interfere.

The diet should be farinaceous, until the fifth day, or till the milk is secreted and easily extracted. If the breasts become

ramful, hot and swollen, and the child cannot easily extract the milk, they should be carefully emptied of their contents by artificial means, and antispasmodic measures adopted. Fluids must be avoided. From the fifth to the tenth day, she may be allowed, if nothing forbids, to take a moderate quantity of animal food; as eggs; beef tea &c.

Her meals should be served at regular intervals, and food and drink should be taken only, at meal times.

After the ninth or tenth day, she may be allowed to sit up for a short time, care being taken to avoid fatigue, gradually increasing the time, day by day.

After the child has been properly dressed the temperature of the body should be kept at the natural standard.

The newborn infant seems to have an

unlimited capacity for sleep.

Under ordinary circumstances, neither food nor medicine should be given, excepting such as nature has provided.

The colostrum, the first secretion of milk, containing more serum and butter, and less casein, than that which follows, has evacuant properties, & tends to remove the meconium. This will generally be sufficient for medicine.

The mother is rarely able to furnish milk to the child at its birth, and the impression, that the babe will suffer from hunger during the interval between its birth and the free secretion of its proper food, sometimes leads the over kind nurse to administer nourishment, inconsistent in quality and quantity.

As a general rule, no food should be given to the child excepting what nature provides.

If the milk furnished by the mother

is sufficient, in quantity and quality, for the nourishment of the child, no other, need be given at any time; but if this is not, it will be necessary to supply it from some other source.

Cow's milk diluted with one third water & a little loaf sugar added is the most generally received substitute for the human milk. But milk, prepared after these general directions, does not suit ⁱⁿ all cases, the stomach of the new born infant.

Even if it does not produce positive derangement the child will not thrive as a full fed, well cared for child should.

Cow's milk may be made more nearly to resemble human milk.

By diminishing the quantity of cream in ordinary milk by the addition of water, we have diminished in proportion the quantity of butter, which is essential.

If we take the last third of the milkings or what in the country is called

the strappings or after allowing the milk to stand three or four hours take the upper third of it, we have milk which is richer in butter and contains less casein and this may be diluted for the use of the infant to proportions suited to its age and condition. This theory has recently been tested with success.



YALE MEDICAL LIBRARY



3 9002 08670 4781

Accession no. 23007

Author

Yale Univ.
Theres, m. Doctor
of Medicine

Call no.

Archives

T113

Y11

1861

